

# DINNERLY



## **Creamy Feta-Stuffed Chicken** with Green Rice



35 minutes



2 Servings

Oozing with feta, this stuffed chicken is mouth-watering to the max. Serve with emerald-green rice packed with the goodness of leafy greens and herbs.



#### WHAT WE SEND

- 100g kale
- parsley
- 50g feta <sup>7</sup>
- 1 large free-range chicken breast fillet
- 5g country seasoning <sup>17</sup>
- 150g jasmine rice

#### WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil

#### TOOLS

- oven tray
- baking paper
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 565kcal, Fat 22.2g, Carbs 67.3g, Proteins 45.3g



#### 1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Remove the tough inner stems from the **kale**, then finely chop the leaves. Finely chop the **parsley** leaves, discarding the stems. Crush or finely chop 1 **garlic clove**. Put the garlic and **feta** in a bowl, season with **pepper** and mash with a fork until smooth.



#### 2. Stuff chicken

Using a sharp knife, cut a deep slit into the thickest side of the **chicken breast** to form a pocket, taking care not to cut all the way through. Fill the chicken with the **feta mixture** and press together to seal (see Kitchen hack).



#### 3. Roast chicken

Put the **chicken** on the lined tray. Drizzle with **2 tsp olive oil**, scatter over the **country seasoning**, then season with **salt and pepper** and gently rub to coat. Roast for 20 mins or until browned and cooked through.



#### 4. Cook rice

Meanwhile, rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Stir in the **kale, parsley** and **1 tbs olive oil**. Season with **salt and pepper**. Turn off the heat and stand, covered, for at least 5 mins.



#### 5. Serve up

Thickly slice the **chicken**. Divide the **green rice** among plates, top with the sliced chicken and drizzle over the tray juices. Enjoy!



#### 6. Kitchen hack

If you have a few toothpicks on hand, use them to help close the pocket in the chicken. You won't be able to seal it completely – the feta cheese will still ooze out a bit when it melts.